

LOUGHTON
Urban District Council.

REPORTS

OF THE

Medical Officer of Health,

Inspector of Nuisances,

AND

Surveyor,

For the Year ending December 31, 1908.

LOUGHTON :

MORELAND HICKMAN, PRINTER, "ADVERTISER" OFFICE.

ANNUAL REPORT

OF THE

Medical Officer of Health.

JANUARY, 1909.

To the Chairman and Members of the Loughton Urban District Council.

The District.

Your District is situated in a hilly neighbourhood, the low lying portions being well drained. There are only three cottages in proximity to the Roding river. The subsoil is clay, with the exception of pockets of gravel on several of the hills. The locality is, with the exception of Epping Forest, moderately timbered. A large portion of the district lying round the inhabited area is grazing land and rented by dairy farmers. The total area is 3961 acres.

The Population.

The population is estimated at 5,900 inhabitants; of these, the well-to-do are chiefly occupied in business in London; a small section are engaged in local trade; and a large working class population occupied in farming, domestic service, building trades, and on the Railway. There being no workmen's trains, the last class are nearly all employed in the district. There is no particular occupation which is detrimental to health.

House Accommodation.

The houses in the district may be divided into two main classes:—residential and cottage property—of the former there is nothing to note; as regards the latter, the cottages are on the whole well built, clean, and sufficiently commodious. The majority of the cottages have gardens, or at any rate sufficient curtilage. The Sanitary authority exercises due supervision over the erection of new houses under the bye-laws. No action has been taken under the Housing of the Working Classes Act.

**Sewerage
and
Drainage.**

The Sewerage and Drainage of the district is speaking generally satisfactory. The various ventilating shafts which have been erected from time to time during the past few years on the various hills, ensure now perfect ventilation ; and the system of keeping the storm water out of the sewers has prevented the flooding and over-flowing of the main sewers.

The house drains are on the whole satisfactory, and defects which have been discovered in the older houses, have been at once remedied. A house to house inspection of cottage property has resulted in the repair of all gullies and w.c.'s which have been found to be defective, thanks to the co-operation of the various owners. Many of the older houses however, are still without flushing tanks to the w.c.'s, which, with careless tenants, are apt to become a nuisance.

The localities of Debden Green and Rectory lane are not included in the Loughton Drainage System. The houses and cottages in these places are dealt with efficiently by cess-pools, which are regularly supervised.

**The
Sewage
Farm.**

The first portion of the Bacterial system of sewage purification-completed in 1907 has during the year been supplemented by a large extension. The whole of the dry weather flow is now dealt with, and the system is working admirably.

**Scaveng-
ing.**

This has been more satisfactorily carried out than in previous years.

By, at times, employing an extra cart it has been found possible to get round the district within ten to fourteen days.

In a residential district like Loughton, I am, however, of opinion that house refuse should be removed at least once a week.

**Water
Supply.**

The water supply is from the East London Works of the Metropolitan Water Board. It is derived from wells sunk deep into the chalk of the Lea Valley ; from there it is pumped to a covered reservoir at High Beech, and distributed in iron pipes to the district. It is hard, and free from any organic or bacterial contamination.

**Places
Super-
vised.**

There are no common lodging houses. The licensed slaughter houses, dairies, cowsheds, milkshops, bakehouses, workshops, are regularly visited, supervised, and kept in a

sanitary condition. No overcrowding of workshops has occurred. With the exception of a small artists' colour factory and a racquet factory, none exist in the district. There are no offensive trades.

Schools. The public elementary schools of the Council are in good order both as regards sanitation and ventilation. The water supply to these is from the source common to the district.

The arrangement whereby the headmaster notifies the exclusion of children from school who come from an infected house is proving of service in coping with epidemic infection.

The co-operation of your medical officer with the school medical officer will, I am confident, be beneficial in the near future.

An attendance officer is constantly at work and in touch with the children and their homes, and at once notifies any infectious disease to the Medical Officer of Health.

Bye-Laws. Bye Laws are in force with regard to building plans, which are all strictly supervised before being passed by the Sanitary Authority.

Bye Laws relating to nuisances, slaughter houses, dairies, cowsheds, and milk shops are in force, and form the basis of the work done by the Sanitary Inspector.

The following extract from the Local Government Board regulations relating to the duties of your Medical Officer of Health is quoted, as there appears to be some misapprehension on this point.

"He, the Medical Officer of Health, shall perform all the duties imposed upon him by any bye-laws and regulations of the Sanitary Authority . . . in respect of any matter affecting the public health."

Nuisances. Of nuisances 27 complaints were received, and 25 were detected without complaint. Of these 50 were abated. It has not been necessary to issue any summonses for abatement of nuisances.

73 Cottages have been inspected.

The work of the Inspector has been well and thoroughly carried out.

Infectious Disease. The notification of infectious diseases has been satisfactorily carried out, and such cases as required isolation have been at once removed to the isolation hospital at Epping by ambulance. The accommodation of this hospital is sufficient, except in times of severe epidemic and the work there is admirably done.

Disinfection of infected premises has been promptly and efficiently done by the Sanitary Inspector ; tubes of liquid sulphur dioxide being used in preference to the mere burning of sulphur, as securing a higher percentage of sulphur dioxide vapour, and consequently more efficient disinfection. In some cases the Formalin lamp has been employed.

Factory and Workshop Act. The factory and workshops have been systematically visited during the year. They have been maintained in a condition of sanitary efficiency. The question of outworkers does not arise in this district. Twenty-four inspections were made, and all defects remedied. The total number of workshops, including 5 bakeries, is 29.

Tuber- culosis. The voluntary notification of Tuberculosis is in force in the district, but is a dead letter. Four deaths from Pulmonary Tuberculosis occurred during the year.

The compulsory notification of paupers suffering from Pulmonary Tuberculosis comes into force in 1909. This should be supplemented by the compulsory notification of such cases in every class in the community.

Vital Statistics. I have estimated the population as 5,900, an increase of 200 over 1907. This is rather a low estimate as quite 40 new houses have been erected and inhabited since the middle of 1907.

The Birthrate for the year is 17.4 per 1000 inhabitants. This figure shows a marked drop, and is 4.7 below the average of the last nine years.

The net deathrate for 1908 is 7.28 per 1000, being the lowest figure reached since 1901, when it was 6.9. The average deathrate of the last nine years is 8.7.

Infant Mortality. Of 103 infants born in 1908 nine died during the year. This gives an infant mortality of 87.3 per 1000 births, and is a fair average for a locality like Loughton. In 1907 only one infant died of those born during the year, so that it is reasonable to expect a considerable rise during 1908.

Of these nine infants, five died before reaching the age

of one month. Of these again, one was found suffocated in a Railway carriage, and two were prematurely born and died shortly after birth. It is therefore fair to conclude that the mortality is not due to any particular local causes or want of proper hygiene. This is further borne out by a study of Table V. which gives the causes of death in infants under one year.

General Mortality.

Five children died between the ages of one and five years, and one between five and fifteen years, none between fifteen and twenty-five, and from twenty-five upwards the number of deaths totalled 29.

Sixteen of this latter number died over the age sixty-five, namely thirty-seven per cent. of the net deathrate.

The deathrate is a low one but otherwise does not call for any particular observations. Of the causes of death in 1907 it was noticed that nine deaths from cancer occurred, in 1908 there are only two to record.

As usual Pneumonia and Bronchitis claim the majority of victims, namely eight, and as usual in Pneumonia it is the young and useful members of the community who are swept away.

Infectious Diseases.

The total number of infectious diseases notified during 1908 is fifteen, of these nine were scarlet fever. The district is to be congratulated on having escaped so lightly, with an epidemic raging in adjoining districts.

The only case of enteric was imported.

Of two cases only of diphtheria, both brothers, I deeply regret to record the loss of one.

The remaining notifications were those of erysipelas, which is still retained on the notification list as a relic of antiquity.

Last year I recorded in my report that with regard to diphtheria it is interesting to note that since the abolition of the numerous piggeries which existed prior to 1903-4 this disease has ceased to be endemic in Loughton. This improvement was effected under a bye-law passed in 1903.

This report like many preceding ones, which I have had the privilege of recording, illustrates the beneficial results which come to a district, whose Sanitary

Authority is alive to its responsibilities. Long may it
continue to flourish.

(Signed) A. BUTLER HARRIS,

M A., M.B., B.CH., OXON.

Medical Officer of Health.

Urban District of Loughlin.

2

Area, 3961 Acres.

Population	5,900 (Estimated).
------------	------	------	------	------	------	--------------------

Number of Inhabited Houses....	1,194 (about).
--------------------------------	------	------	------	------	------	----------------

Average No. of Inhabitants in Each House....	5.
--	------	------	------	------	------	----

T A B L E I.

Vital Statistics of Whole district during 1908 and previous Years.

YEAR.	Population estimated to Middle of each Year.	BIRTHS.		TOTAL DEATHS REGISTERED IN THE DISTRICT.				TOTAL DEATHS IN PUBLIC INSTITU- TIONS IN THE DISTRICT	Deaths of Non- residents register- ed in Public Institu- tions in the District.	Death of Resi- dents register ed in Public Institu- tions be- yond the District.	NET DEATHS AT ALL AGES BELONGING TO THE DISTRICT.	
		Number.	Rate.*	Under 1 Year of Age.		At all Ages.					Number.	Rate.*
				Number.	Rate per 1000 Births.	Number.	Rate.					
1	2	3	4	5	6	7	8	9	10	11	12	13
9 months of 1900	4500	72	21.3	15	97.2	57	16.8				38	11.26
1901	4730	127	26.89	12	94.48	35	7.4				33	6.9
1902	4800	113	23.9	12	106.2	42	8.7				40	8.3
1903	5000	128	25.6	11	86.0	43	8.6				42	8.4
1904	5100	105	20.58	9	95.2	47	9.2				44	8.6
1905	5300	101	19.0	6	59.6	44	8.3				44	8.3
1906	5500	109	19.8	9	82.6	52	9.4				52	9.4
1907	5700	109	19.0	1	9.0	50	8.7				51	8.7
Averages for years 1897-1907	5080	111	22.1	10	90	48.6	9.5				45	8.7
1908	5900	103	17.4	9	87.3	45	7.6		2		43	7.28

*Rates in Columns 4, 8, and 13 calculated per 1,000 of estimated population.

TABLE III.
Cases of Infectious Diseases notified during the Year 1908.

NOTIFIABLE DISEASE.	CASES NOTIFIED IN WHOLE DISTRICT.					
	At All Ages.	At Ages—Years.				Total cases removed to hospital.
		1 to 15.	5 to 15.	15 to 25.	25 to 65.	
Small-pox
Cholera
Diphtheria (including Membranous croup) ..	2	..	2
Erysipelas	3	..	1	1	1	..
Scarlet Fever	9	1	6	2	..	6
Typhus Fever
Enteric Fever	1	1	..
Relapsing Fever
Continued Fever
Puerperal Fever
Plague
Totals	15	1	9	3	2	6

TABLE IV.

Causes of, and Ages at, Death during Year 1908.

CAUSES OF DEATH.	DEATHS OF "RESIDENTS" IN WHOLE DISTRICT.						Total Deaths whether of "Residents" or "Non Residents" in Public Institutions in this District.
	All Ages.	Under 1 year.	1 and under 5.	5 and under 15.	25 and under 65.	65 and upwards.	
I	2	3	4	5	6	7	8
Whooping-Cough ..	1	..	1
Diphtheria, including Membranous Croup }	1	1
Diarrhœa	1	1
Enteritis	2	1	1
Phthisis (Pulmonary Tuberculosis) .. }	4	4
Cancer, Malignant disease }	2	1	1	..
Bronchitis	3	1	1	1	..
Pneumonia	5	..	2	..	3
Alcoholism Cirrhosis of Liver }	1	1
Premature Birth ..	2	2
Heart Diseases	5	1	4	..
Drowned in Forest	1
Convulsions	2	1	1
Old Age	4	4	..
Cerebral Hæmorrhage ..	5	5	..
Intestinal obstruction ..	1	1	..
Murder Infant	1
Marasmus	2	2
Gastric Ulcer	1	1
All other causes ..	1	1
All causes ..	43	8	5	1	13	16	2

Inspector of Nuisances Report.

Summary of Work done through the Sanitary Inspector in the Urban Sanitary District of Loughton during the year ending December 31st, 1908.

1	Complaints received...	27
2	Nuisances detected without complaint	25
3	Nuisances abated	50
4	Notices served	17
5	Cottages inspected	73
6	Lodging houses inspected (none in district)	0
7	Slaughter-houses inspected (periodical)	3
8	Bakehouses inspected	5
9	Dairies and Milkshops inspected	7
10	Cowsheds inspected	6
11	Workshops inspected	24
12	Houses disinfected	12
13	Houses erected or re-built for which Water "Certificates" were applied	48
14	"Certificates" granted	48
15	Houses connected with sewers	46
16	Houses connected with water mains	48
17	Privies and W.C.'s repaired; W.c.'s supplied with water	10
18	Cisterns cleansed, repaired, or covered	2

(Signed)

S. T. BOCOCK,
A. R. San. I.,
Sanitary Inspector.

Surveyor's Annual Report.

LOUGHTON,

January 12th, 1909.

To the Chairman and Members of the Loughton Urban District Council,

GENTLEMEN,

I have much pleasure in presenting to you my 9th Annual Report upon the work done under my supervision during the year 1908.

First dealing with the work done by the Sanitary Committee, 46 sets of plans were submitted to them for approval and only one was disapproved. Those approved included 62 new houses, mostly cottages, which were badly needed; this compares favorably with 32 sets in 1907, 35 in 1906, 36 in 1905, and 20 in 1904.

The most important work this Committee did during the year, in fact, the most important since the Council has been formed, was the laying down of a 70 feet Candy Whitaker Sprinkler on a 6 ft. bacterial filter with the necessary enlargement of the septic tanks and sand filters at a cost of about £1,200.

The work was done in the early part of the year affording means of alleviating unemployment by Mr. E. E. Winch, a local contractor, and completed in a satisfactory manner. Since it was finished at the end of April the effluent obtained has been of a most highly satisfactory nature, proving that the Council worked upon the right lines.

It is, however, important to keep in mind the constant growth of the village as it is very difficult at times to arrange to give the filters the needful rest and another large one would render the installation complete.

The field at the Outfall Works was sown with mangold

a fair crop resulted, but the price obtained was low. The out-fall cottage needed redecoration, and the Committee will have to consider the water supply to it which is at present far from satisfactory.

Two sewer ventilators have been erected and various small drainage defects remedied. All the routine work necessary has been done.

The past year has been an uneventful one for the Highway Committee as the money required for the additions to the Out-fall Works has rendered much extra work upon the roads impossible.

The Old Station Road had the Tarmac scarified and 240 tons of granite laid down and steam-rolled which has proved at last satisfactory.

The remainder of the granite, 260 tons and 200 yards of gravel, are being placed upon various roads, but this amount is quite insufficient, and unless a very large increase is made in the amount ordered during the coming year many of the roads will soon be worn through.

An advance has been made in laying down the road metal as both gravel and granite have this year been steam-rolled.

Alderton Hill opposite the new school has been widened including the bridge, the ditch piped, and a pathway formed and kerbed.

The lamplighter resigned office at the beginning of the year and a new man was employed to devote the whole of his time to the lamps in the winter and do repairs in the summer. This has resulted in a much better state of affairs so far as lighting is considered.

Towards the end of the year the Gas Company mained Alderton Hill and 4 lamps are to be erected in that road.

A heavy rainfall and snow in the spring resulted in several low lying parts of the district being flooded and a storm overflow was provided in Algers Road, while negotiations with the County Council ended in a drain being laid up the High Road from the Old Station Road to Albion Hill at a cost of £290 of which the Urban Council agreed to contribute one-third, thus enabling the water from Albion Hill and Upper Park to be intercepted, and preventing the flooding of Lower Park and Algers Road.

The closing days of the year saw the unemployed in the district engaged in laying a new 15-inch drain from High Beech Road, across Smarts Lane and Forest Road to the

Brook, to prevent the washing up of Smarts Lane in storm time.

Considering that the whole of the improvements and works done by these two Committees has been carried out without a loan or the rate being increased, the ratepayers should feel satisfied that the policy adopted by the Council when first formed is the right one and is still being steadily pursued by them.

Your obedient servant,

(Signed) HORACE WHITE,

District Surveyor.